

**Full Report (All Nutrients) 01095, Milk, canned, condensed, sweetened**

Report Date: December 05, 2015 18:15 EST

Nutrient values and weights are for edible portion.

**Food Group : Dairy and Egg Products****Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 fl oz 38.2g	1 cup 306g
<b>Proximates</b>						
Water	g	27.16	21	0.060	10.38	83.11
Energy	kcal	321	--	--	123	982
Energy	kJ	1342	--	--	513	4107
Protein	g	7.91	5	0.110	3.02	24.20
Total lipid (fat)	g	8.70	23	0.025	3.32	26.62
Ash	g	1.83	2	--	0.70	5.60
Carbohydrate, by difference	g	54.40	--	--	20.78	166.46
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	54.40	--	--	20.78	166.46
<b>Minerals</b>						
Calcium, Ca	mg	284	3	6.767	108	869
Iron, Fe	mg	0.19	1	--	0.07	0.58
Magnesium, Mg	mg	26	1	--	10	80
Phosphorus, P	mg	253	3	17.271	97	774
Potassium, K	mg	371	6	20.004	142	1135
Sodium, Na	mg	127	6	4.716	49	389
Zinc, Zn	mg	0.94	--	--	0.36	2.88
Copper, Cu	mg	0.015	--	--	0.006	0.046
Manganese, Mn	mg	0.006	--	--	0.002	0.018
Selenium, Se	µg	14.8	--	--	5.7	45.3
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	2.6	10	0.560	1.0	8.0
Thiamin	mg	0.090	12	0.003	0.034	0.275

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 38.2g	1 cup 306g
Riboflavin	mg	0.416	13	0.006	0.159	1.273
Niacin	mg	0.210	2	--	0.080	0.643
Pantothenic acid	mg	0.750	1	--	0.287	2.295
Vitamin B-6	mg	0.051	5	0.005	0.019	0.156
Folate, total	µg	11	--	--	4	34
Folic acid	µg	0	--	--	0	0
Folate, food	µg	11	--	--	4	34
Folate, DFE	µg	11	--	--	4	34
Choline, total	mg	89.1	--	--	34.0	272.6
Vitamin B-12	µg	0.44	4	0.082	0.17	1.35
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	74	--	--	28	226
Retinol	µg	73	--	--	28	223
Carotene, beta	µg	14	--	--	5	43
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	267	--	--	102	817
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.16	--	--	0.06	0.49
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.2	--	--	0.1	0.6
Vitamin D3 (cholecalciferol)	µg	0.2	--	--	0.1	0.6
Vitamin D	IU	6	--	--	2	18
Vitamin K (phylloquinone)	µg	0.6	--	--	0.2	1.8
<b>Lipids</b>						
Fatty acids, total saturated	g	5.486	--	--	2.096	16.787
4:0	g	0.282	1	--	0.108	0.863
6:0	g	0.167	1	--	0.064	0.511
8:0	g	0.097	1	--	0.037	0.297
10:0	g	0.073	2	--	0.028	0.223
12:0	g	0.180	2	--	0.069	0.551
14:0	g	0.783	2	--	0.299	2.396

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 38.2g	1 cup 306g
16:0	g	2.396	2	--	0.915	7.332
18:0	g	1.209	2	--	0.462	3.700
Fatty acids, total monounsaturated	g	2.427	--	--	0.927	7.427
16:1 undifferentiated	g	0.137	2	--	0.052	0.419
18:1 undifferentiated	g	2.188	2	--	0.836	6.695
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.337	--	--	0.129	1.031
18:2 undifferentiated	g	0.216	2	--	0.083	0.661
18:3 undifferentiated	g	0.121	1	--	0.046	0.370
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	34	--	--	13	104
<b>Amino Acids</b>						
Tryptophan	g	0.112	--	--	0.043	0.343
Threonine	g	0.357	--	--	0.136	1.092
Isoleucine	g	0.479	--	--	0.183	1.466
Leucine	g	0.775	--	--	0.296	2.372
Lysine	g	0.627	--	--	0.240	1.919
Methionine	g	0.198	--	--	0.076	0.606
Cystine	g	0.073	--	--	0.028	0.223
Phenylalanine	g	0.382	--	--	0.146	1.169
Tyrosine	g	0.382	--	--	0.146	1.169
Valine	g	0.529	--	--	0.202	1.619
Arginine	g	0.286	--	--	0.109	0.875
Histidine	g	0.214	--	--	0.082	0.655
Alanine	g	0.273	--	--	0.104	0.835
Aspartic acid	g	0.600	--	--	0.229	1.836
Glutamic acid	g	1.656	--	--	0.633	5.067
Glycine	g	0.167	--	--	0.064	0.511

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 38.2g	1 cup 306g
Proline	g	0.766	--	--	0.293	2.344
Serine	g	0.430	--	--	0.164	1.316
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0